


## Tooty Fruity Vegie

Obesity prevention program in preschools

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## Background

- 20% of preschool aged children overweight
- Health behaviours learned in early childhood can persist throughout life
- Child care centres offer an effective intervention point



## Tooty Fruity Vegie

**Quasi-experimental study:**

- 2006: 6 intervention and 1 control preschools
- 2007: 12 intervention and 12 control preschools


**Objectives:**

- Physical activity
  - Improve fundamental movement skills
  - Reduce sedentary behaviours during and after preschool
- Healthy Eating
  - Increase fruit and vegetables
  - Decrease energy dense nutrient poor (EDNP) food
  - Replace sweet drinks with water

## Multi-strategic approach


- Policy
- Skill development
- Attitude
- Environment

## Physical Activity Component



- Preschool PA programming
- Implement FMS program at least twice a week
- Improve knowledge & skills - staff & parents

## Healthy Eating Component



- Parent workshops
- Staff manual
- Clear lunchbox policy
- Kids sessions- growing cooking and taste testing!

## Evaluation

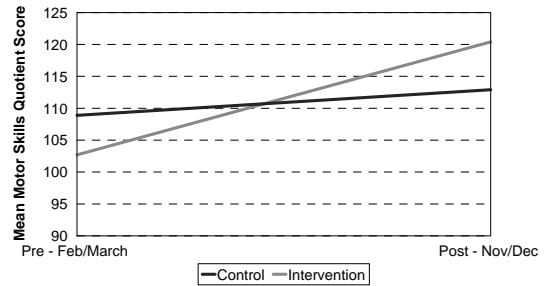
### Instruments:

- Parents survey
- Anthropometric measurements (BMI, waist)
- Motor skills testing (TGMD2 (Ulrich, 2000))
- Lunch Box audits
- Director interviews, policy and water availability audits

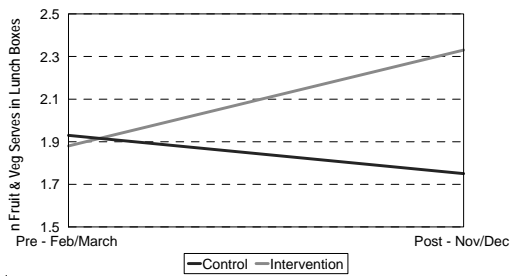
### Time:

- 2-3 hours in the morning Tue-Fri.
- Pre intervention: February/March
- Post intervention: Nov/Dec

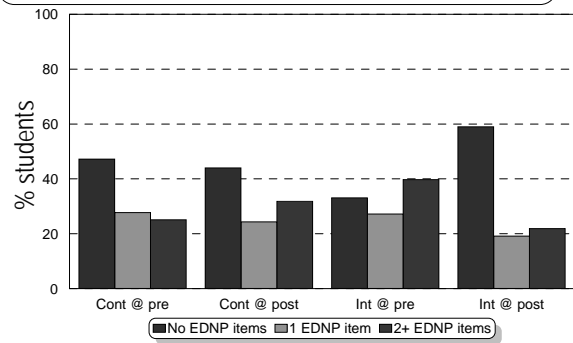
## Intervention Effect - Movement Skills



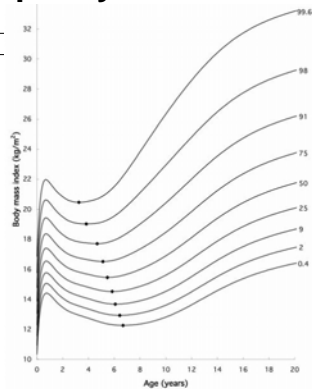
## Intervention effect - Fruit & Veg



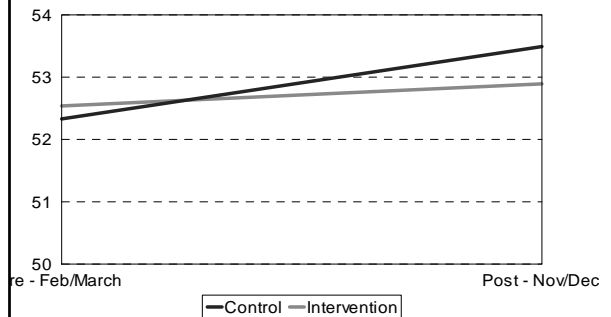
## Intervention effect: EDNP food items in lunch boxes (% children)



## Adiposity Rebound



## Intervention effect: waist circumference



## Insignificant effects

- time spent outdoors after preschool ( $p=0.8$ )
  - Mean time spent outdoors after preschool ~70 min, intervention effect + 1.5 min
- time spent in screen based activities ( $p=0.52$ )
  - Mean screen time yesterday ~68 min, intervention effect – 3.7 min

## Summary

- Significant FMS and dietary intake changes
- Promising anthropometric changes
- More intensive work with parents needed to have an impact on sedentary behaviours

## Thank you!

Jillian Adams

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